



# AWARENESS ON MENTAL HEALTH AMONG THE STUDENTS OF HIGHER SECONDARY LEVEL: A STUDY

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## ABSTRACT

In formal educational system the most important stage of education is the secondary stage. Especially the higher secondary stage can be considered as the gateway of building a better career in the life of any student. All students of this stage feel pressure in their study for securing good marks in the exam. Moreover they feel anxiety as well as stress because of preparing themselves for entrance exams. Apart from these there are so many students which use to face several problems, like- poverty, lack of transportation, gender disparity, parent's illiteracy, natural calamities and superstitions and so on. So it is very difficult to adjust with these kind of situations along with their heavy pressure of study. Sometime the students of secondary level cannot cope up with such type of overloaded situations. Therefore it is very important to keep their mental health in a sound position so that they can tackle their problems and perform their duties properly. They should know about their mental health problems and they should be aware about the importance of mental health. Especially the students of secondary level need to know the various means of development of their mental health. The present study is aimed at creating awareness about the need and importance of mental health among the students. The objectives are-1. To study the problems of mental health of the students. 2. To study the awareness towards mental health among the students. 3. To study the difference between boy and girl students in mental health awareness.

**KEYWORDS:** Mental Health, Students, Higher Secondary Level, Awareness, Importance.

## INTRODUCTION

Mental health is an important aspect of individual to cope up with any situation in life. It is one of the sources of inspiration to live a better and successful life. It is the strength of an individual to go forward for achievement of their goal. Mental health is the aspect which helps people to think rationally and positively to do anything in their life. It helps people to recognize their abilities and capacities for building self confidence. It can be regarded as a process of adjustment through which one can compromise with anything to live a happy and peaceful life.

At present the students of different levels of education face many problems. Due to tough competitions all students feel overburdened and they feel mental pressure. Especially the students of secondary level face some extra problems or challenges. For many students this stage of education is the most crucial stage. In this period of study they have to be prepare themselves for their better career. Apart from their study the face many other problems like, emotional problem, physical problems, mental problems and social problems etc. The student of this age needs a strong and positive mind to tackle the circumstances. Therefore every student should be mentally sound in this stage of education to overcome their challenges. Actually a mentally healthy student can keep a balance in different aspects of life and they can perform their duties and responsibilities properly. It can be realized that a good mental health is necessary for every individual to do any activity. It is said that the students of today are the citizens of tomorrow. The students have many responsibilities for making a better society or a better nation. They need to keep their mental health for performing their

important duties as well as responsibilities. So they should be aware about their mental health and they should try to keep their mental health.

### Concept of Mental Health:

Mental health is the foundation of one's personality and it is the basis of our character and our behaviour of an individual. It is an important aspect of everybody's life that can be known as one's total health status. Mental health includes all the important aspects of an individual including psychological, emotional and social. We can think it as a driving force to proceed forward for fulfillment of our dreams. Mental health is a positive state of mind and the process of adjustment. This aspect helps to compromise and adapt everything in life. It can help in the development of our abilities for living a balanced life.

### Student's Mental Health

Mental life of a student means to well adjustment with their educational environment along with their social life. It is a mental state of the students to perform their duties and responsibilities. Mental health of the students is the ability to understand their self which can help them to know and accept their abilities and capacities. It is a motivating factor that helps the students to make effort for their success in academic field according to their capacity. It is a positive state of mind to accept their failure as well their success. A mentally healthy student always can realize the realities of life. They like to live a happy and peaceful life in any situation. This kind of student is very helpful, cooperative and social. They can think rationally and positively. So it is very important to develop a good mental

health among the students.

## REVIEW OF RELATED LITERATURE

Elliot, A. (2020): The study aimed at finding ways to reach new audiences and to provide equity for future trends of mental health and to open up new avenues of understanding this concept.

Islam, M., and Rakib, M.M. I., (2021): In a study in Bangladesh found that 87.1% of students think mental disorder is a disease and 84.3% of students are aware of mental illness. The study also reveals that 45.7% of students do not want advice for mental problems and 90% of students never consult psychiatrists. 34.3% Of students do not take measures for keeping mental health. 35.7% Of students are ashamed of expressing mental illness. It was also revealed that majority of students are from same condition.

Siddique, A.B., Ovi, M.A., Ahammed, T., Chowdhury, M.A.B. and Uddin, M.J. (2022): The study aimed to assess the current mental health knowledge and awareness among the students of Bangladesh university and to identify the affect of socio-demographic

Lee, J.E., Goh, M.L. and Yeo, S.F. (2023): In this study the sample size was 450 secondary school students. The purpose was to explore the mental health situation among adolescents in Malaysia. The study aimed at investigating the factoers affecting Malaysian youth's mental health awareness. The study revealed that mental health awareness was influenced by knowledge on mental health and attitude towards mental health. It was also found that familiarity and media exposure were important determinants of knowledge on mental health.

## Significance of the Study:

Higher secondary stage of education is the most significant stage of education. This stage can be considered as the starting point of career building for every student. This is the stage through which the students can prepare themselves for fulfillment of their dreams. In this stage of education maximum students feel extreme stress due to over pressure in study. Sometime it is seen that a large number of students face the problems i.e., depression, frustration, anxiety etc. When these types of problems are faced by someone for a long period then his/her mental health will be affected. If the mental health is not in a sound position then nobody will be able to perform their duties properly. Therefore especially the students of higher secondary level need to keep their mental health good. To keep a good mental health everyone have to be aware about the various mental problems as well the causes or sources of these problems. Every student have to be very careful about their mental health condition and if they feel any mental problem then they should take it seriously and adopt necessary measures for it. So all of us should take care of our mental health and we should try to keep our good mental health.

Mental health is an important aspect of every individual to live a better, happy and peaceful life. A good mental health helps all individual in every field. It can be considered as a ladder

of achievement and progress in anybody's life. A good mental health of a student is a pre requisite for his/her success in academic as well the other field. Student can't achieve their aim in life without a good mental health. So it can be said that a sound mental health is an integrated part of everybody's life for a successful life.

On the basis of the importance of mental health the students the present study is conducted by the investigator.

## Statement of the problem:

An attempt has been made to study the mental health of the students of secondary level and as such the study entitled "Awareness on Mental Health among the Students of Higher Secondary Level: A Study".

## Objective of the study:

The following objectives have been formulated in the present study:

1. To study the problems of mental health of the students.
2. To study the awareness towards mental health among the students.
3. To study the difference between boy and girl students in mental health awareness.

## Hypothesis:

There is no significant difference between boy and girl students in mental health awareness.

## Definition of the Terms:

**Awareness:** Awareness means to know the meaning of mental health and to understand the problems as well as the importance of mental health.

**Mental Health:** Mental health refers to the functioning of a well- integrated personality. It is state of our mind that enables people to realize their capacities, to adjust with the situations, work properly for the welfare of their society.

**Higher Secondary level:** The level of education for the students of higher secondary first year and second year class.

## METHODOLOGY:

Descriptive Survey method is applied in the present study for collecting the data.

## Sample:

In the present study the sample size is 100. The data are collected from 50 boys and 50 girls on the basis of stratified random sampling method.

## Tool:

1. A Self structured questionnaire.
2. An interview schedule.

## Statistical Technique:

In the present study the following statistical techniques are used:

1. Percentage

2. Mean
3. Standard Deviation
4. T-test.

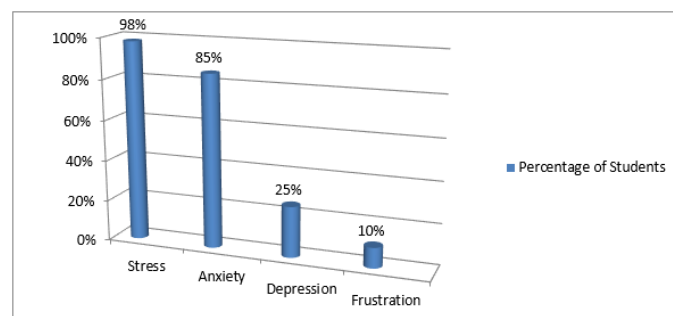
### Analysis and Interpretation:

#### 1. To study the problems of mental health of the students.

Mental Health Problems	Percentage of Students
Stress	98%
Anxiety	85%
Depression	25%
Frustration	10%

**Table 1: The Common Mental Health Problems Faced by Students**

#### Graphical Representation of the Common Mental Health Problems



**Figure 1**

Table 1 and Figure 1 clearly shows about the most common problems of mental health faced by students.

#### 2. To study the awareness towards mental health among the students

Sl. Nos.	Items	Percentage of the Responses	
		Yes	No
1	Familiar with the term 'mental health'	90%	10%
2	Mental health as important as physical health	92%	8%
3	Know the problems of mental health e.g. anxiety, stress, depression.	87%	13%
4	Severe mental problems are the causes of mental illness	80%	20%
5	Depression for long period affect mental health	90%	10%
6	Frustration is a major cause of mental disease	80%	20%
7	Comfortable in discussing mental health issues with friends and family	77%	23%
8	Believe in seeking help for mental health issues	53%	47%

9	There are separate doctors for treatment of mental illness	75%	25%
10	Mental diseases can be removed through proper treatment	63%	37%
11	There are some measures for keeping our mental health good	82%	18%
12	We should take care of our mental health like our physical health	87%	13%
13	Know someone experienced mental health issues	47%	53%
14	Want to support a friend struggling with mental health issues	72%	28%
15	We can prevent our mental health problems	67%	33%

**Table 2**

Table 2 shows the students' positive and negative responses on 15 items which are constructed for measuring the awareness towards mental health among the students. In the table it is found that there is positive as well as negative response in each item. It means there are many students who are not aware about their mental health.

#### 3. To study the difference between boy and girl students in mental health awareness.

No. of Student		Mean	SD	t-value
Boy	50	56.8	14.89	1.41
Girl	50	60.4	10.19	

**Table 3: Difference between Boy and Girl Students**

According to the Table 3 it has been found that the t-value is 1.41 which is not significant. Therefore it has revealed that there is no significant difference between boy and girl students in mental health awareness.

On the basis of the obtained t-value the hypothesis –“There is no significant difference between boy and girl students in mental health awareness” can be rejected in both the level of significance.

#### Graphical Representation of Difference Between Boy and Girl Students

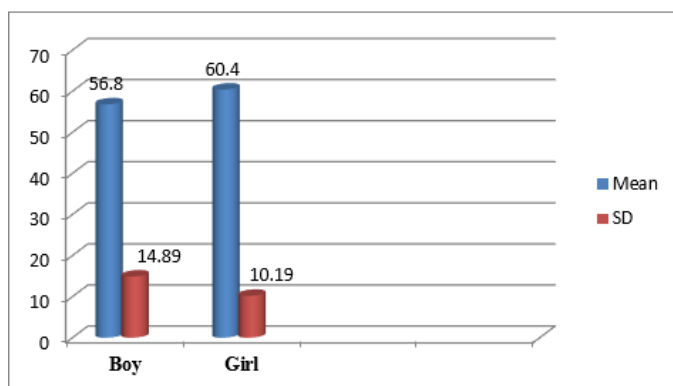


Figure 2

Figure 2 has shown clearly that there is no significant difference between boy and girl students in mental health awareness.

### FINDINGS OF THE STUDY

On the basis of the result of the study findings are –

1. 98% of students feel stress during the time of examinations. 85% of students face the problem of anxiety from time to time. 25% of students feel depression. 10% of student suffers from frustration in different times.
2. 90% of students are familiar with the term mental health.
3. 92% of students think mental health as important as physical health.
4. 87% of students know the problems of mental health e.g. anxiety, stress, depression.
5. 80% of students know that severe mental problems are the causes of mental illness.
6. 90% of students know that depression for long period affect mental health.
7. 80% Of students know that frustration is a major cause of mental disease.
8. 77% of students feel comfortable in discussing mental health issues with friends and family.
9. 53% of students believe in seeking help for mental health issues .
10. 25% of students don't know that there are separate doctors for treatment of mental illness.
11. 63% Of students believe that mental diseases can be removed through proper treatment.
12. 82% of students are aware that there are some measures for keeping our mental health good.
13. 87% of students prefer to take care of mental health like physical health.
14. 47% of students know someone experienced mental health issues.
15. 72% of students want to support a friend struggling with mental health issues.
16. 67% of students know that we can prevent our mental health problems.
17. There is no significant difference between boy and girl students in mental health awareness.

From the above findings it has been revealed that a large number of the students are aware towards the mental health but a good portion of student is unaware about various aspects of mental health.

### CONCLUSION

On the basis of the importance of mental health everybody needs to be aware about their mental health. Students should know about the mental health issues as well as the causes from which these can be created. They should know about the measures of preventing mental health problems. They need to know about the process of treatment of mental illness. So they should be made aware towards various aspects of mental health through various medium. Some awareness programmes e.g., workshop, seminars, extension activities etc. can be organized in each year. Students should be encouraged to do the physical exercises i.e., yoga, meditation etc. They should be provided guidance for keeping their mental health in a sound position.

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